

# FROM KNOWING TO BEING ETS TRAINING FOR TRAINERS

## WHAT?

How do you develop your attitudes? Awareness and curiosity are two key words here. It first needs clarity about what you would like to explore and develop - and secondly the readiness to observe, notice and reflect upon your key experiences. Be curious about what you are experiencing and become aware of what is happening - inside and outside. Sounds easy - but can be challenging.

This training course offers you an opportunity to be curious about your core attitudes as a trainer/educator and become aware of what is present and where you would like to develop further.

## WHAT FOR?

The main aim is to become aware of your next phase in your professional development as a trainer/educator.

## MAIN COURSE ELEMENTS

- A two-day outdoor experience as a source for your being curious and gaining awareness.
- Mindfulness based exercises to support the awareness process.
- The ETS competence model for trainers as a tool to reflect about your professional development.



**WHEN**  
September 10-16  
2019

**WHERE**  
Yspertal, Austria

**ORGANISERS**  
SALTO T&C RC,  
Interkulturelles  
Zentrum

**FOR**  
Trainers, teachers,  
educators

**FOR MORE  
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